

Santa Clara Senior Center Guidelines for Use

Adventures to Go Fitness Center Lapidary Natatorium/Indoor Pools Woodshop

City of Santa Clara Parks and Recreation Department Santa Clara Senior Center 1303 Fremont Street, Santa Clara, CA 95050 (408) 615-3170 www.santaclaraca.gov

Contents	ge
Who is a Santa Clara Senior?	}
Proof of Santa Clara Residency	}
Registration Procedures	}
Code of Conduct	3-5
Personal Care Attendants5	;
Fitness Center and Natatorium	i-6
ID FIT Participation Eligibility Requirements/Criteria	j .
Fitness Center Participation Guidelines	5-7
Natatorium Participation Guidelines	3-9
Adventures to Go)-11
Lapidary Lab1 Lapidary Lab Participation Guidelines	.1
Wood Shop Participation Guidelines	.2
Volunteers1	2

 $I:\ Senior\ Center\ Programs\ Fitness\ Center\ and\ Natatorium\ Guidelines\ for\ Use\ Guidelines\ for\ Use\ 2011\ final-4292011. doc$

Last reviewed: 4/28/2011

Who is a Santa Clara Senior?

Santa Clara seniors are 50+ years of age. They reside in the City of Santa Clara, in an annexed area of Santa Clara, within the boundaries of Santa Clara Unified School District, or own property in the City of Santa Clara.

Proof of Age and Santa Clara Residency

Seniors will demonstrate their age and residency in the City of Santa Clara. Proof of age is demonstrated by a California Drivers License or a State of California issued ID card. The following forms of proof of residency are accepted:

- 1. A valid and current California Drivers License, or
- 2. A State of California issued ID card, or
- 3. A current utility bill with your name on it, or
- 4. Checks imprinted with your name and Santa Clara address, or
- 5. Business mail received at your Santa Clara home within the last 30 days.

Registration Procedures

- Step 1 Complete a Senior Center registration form, available from the Santa Clara Senior Center or online:

 http://santaclaraca.gov/Modules/ShowDocument.aspx?documentid=2049
- Step 2 Review the *Release of Liability and Assumption of Risk Agreement* and sign that you've read, understand, and agree to comply with the Guidelines for Use.
- Step 3 Submit the registration form in person to the Santa Clara Senior Center, along with proof of age and Santa Clara residency, as appropriate.

Code of Conduct

The Santa Clara Senior Center is a public recreation facility designed to meet the needs of Santa Clara seniors. We offer a variety of programs and services that help foster the well-being of our senior population, including, but not limited to, recreation, nutrition, life-long learning, health, and wellness. The Santa Clara Senior Center provides citizens with information and resources on essential services in the community. Through participation and volunteerism, the Santa Clara Senior Center strives to create a place where seniors can socialize, and feel a sense of pride and community.

Staff are not available to provide one-on-one supervision to seniors who are unable to care for themselves. Participants must be able to function independently or with the assistance of a personal care attendant.

Participant Behavior Guidelines:

The following guidelines promote healthy and safe interactions for all participants to enjoy their experience at the Santa Clara Senior Center:

- 1. Treat everyone with respect and courtesy.
- 2. Maintain appropriate hygiene.
- 3. Attend any required program orientations, including specific guidelines and use of safety equipment.
- 4. Refrain from use of abusive language, inappropriate physical contact, or harassment of Santa Clara Senior Center participants and staff.

Failure to comply with the Senior Center Guidelines for Use may result in a temporary or permanent suspension from further participation in Santa Clara Senior Center programs and services. Behavior that harms the health and safety of self, other participants, or staff will result in an immediate suspension from the facility.

Discipline Guidelines:

1st Offense: Verbal warning.

Participant will be given a verbal warning from a staff person. Staff will record the occurrence in an "Incident Report."

2nd Offense: Written warning.

Staff will record the occurrence in an "Incident Report." Participant will meet with the Senior Center Supervisor. A written warning will be given to the participant and indicate that future incidents will result in a 30-day (one month) suspension from Santa Clara Senior Center programs and services.

3rd Offense: 30-day suspension.

Staff will record the occurrence in an "Incident Report." Participant will be asked to meet with the Senior Center Supervisor. A written suspension of 30 days (one month) will be given to the participant explaining the incidents and the violation of Senior Center Guidelines for Use, and include the beginning and end dates of the 30-day suspension (one month). Failure to meet with the Senior Center Supervisor and Recreation Superintendent will be grounds for a continued/indefinite suspension of more than 30 days (more than one month).

4th Offense: Six-month suspension.

Staff will record the occurrence in an "Incident Report." Participant will be asked to meet with the Senior Center Supervisor and Recreation Superintendent. A written sixmonth suspension will be given to the participant explaining the incidents and the violation of Senior Center Guidelines for Use, and include the beginning and end dates of the six-month suspension. Failure to meet with the Senior Center Supervisor will be grounds for a continued/indefinite suspension of more than six months.

5th Offense: Permanent Suspension.

Appeal Process

Participants have the right to appeal the Senior Center Supervisor's decision by requesting a meeting with the Recreation Superintendent within 90 days of a reported incident. To request a meeting, the participant must provide a written request to the Recreation Superintendent's office at: Santa Clara Community Recreation Center, 969 Kiely Boulevard, Santa Clara, CA, 95051.

After review, an appointment will be made to discuss the matter. The participant will not be allowed to return to the Senior Center until the appeal process is concluded.

Personal Care Attendants

Personal Care Attendants support those who are unable to participate in Senior Center programs independently. In some instances, Senior Center staff may ask seniors to be accompanied by a Personal Care Attendant. Personal Care Attendants:

- Are at least 18 years of age and provide proof of their age.
- Have completed a registration form and liability release prior to participating.
- Receive a photo ID for entrance into the Fitness Center and Natatorium to be used when accompanying a senior or ID Fit participant to assist them in their workouts.
- Do not engage in their own exercise routine.
- Do not pay a fee to participate in programs except Adventures to Go.

Fitness Center and Natatorium

The Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area.

The Natatorium consists of three indoor pools: a training pool, a warm water pool, and a soaking tub. The training pool has a zero entry ramp, accessible by wheelchair, and the warm water pool is equipped with a powered chair lift for those who need assistance.

Each participant is responsible for consulting with his/her physician before beginning any type of fitness or aquatic exercise program. This is especially important for seniors with heart disease, diabetes, high/low blood pressure, or who are taking prescribed or over-the-counter medications.

Fitness Center and Natatorium Eligibility Requirements:

- Be a City of Santa Clara resident 50+.
- Provide proof of Santa Clara residency and age.
- Complete a registration form and release of liability prior to participation.
- Be a qualifying individual with a disability (see ID FIT criteria).
- Obtain a Photo ID card issued by front desk.
- Provide own Personal Care Attendant if needed to support independent participation. Staff reserve the right to require a Personal Care Attendant.
- Personal Care Attendant must be capable of performing tasks/activities necessary to assist the participant, and must remain easily accessible to the participant.

Non-Resident Use Eligibility Requirements

Seniors who live in a city other than Santa Clara may use the Fitness Center and Natatorium if they:

- Provide proof they are at least 50 years of age.
- Are accompanied by a senior who lives in the City of Santa Clara.
- Complete a registration form and liability release prior to participating.
- Pay a \$10 per day fee to use the facility.
- A photo ID card is not issued.

ID FIT Participation Eligibility Requirements/Criteria (Individuals with Disabilities Fitness)

- Be at least 18 years of age.
- Have a diagnosis for a qualifying disability or permanent medical condition which includes cognitive or physical impairments that substantially affect two (2) or more major Life Areas. Life Areas include: walking, moving, seeing, hearing, performing activities of daily living, or cognitive functions, such as problem solving, remembering, and learning.
- Provide proof of City of Santa Clara residency or current enrollment in one of the Santa Clara Therapeutic Recreation Services Programs, and age.
- Complete a registration form and liability release prior to participation.
- Supervisor approval is required. Completed applications are reviewed for appropriateness and participants will be contacted for further assessment/evaluation.
- Must be able to function and interact appropriately and independently in an open use program/setting following guidelines for conduct, facility, and equipment as determined by Santa Clara Senior Center staff.
- Management of oral intake in a manner that does not produce disruptive behaviors (i.e., coughing, spitting, choking).
- Management of bladder and bowel and able to access bathroom.
- Provide own Personal Care Attendant if needed to manage above criteria. Staff reserve the right to require a Personal Care Attendant for all participants.
- Personal Care Attendant must be capable of performing all necessary tasks/activities in order to assist the participant, and must remain easily accessible to the participant.
- A photo ID card is issued.
- There is no fee to participate as an ID Fit participant.

Fitness Center Participation Guidelines

Check in/out

- Use your Santa Clara Senior Center card to check into and out of the Fitness Center at each visit. Participants who forget their cards must go to the front desk for a day pass.
- Participants with a history of seizures are asked to wear an ID band obtained from a volunteer.

Equipment Use

- Please review the operation manuals and or video to familiarize yourself with proper procedures for each piece of equipment you use. Ask a volunteer if you have any questions about the intended use of a machine. Injuries may occur if equipment is used improperly. If you do not know how to safely use any fitness equipment or machine, do not use it until you have read the operations manual. Staff is available if further assistance is required.
- Participants may be required to attend an orientation and/or review of fitness equipment operation manuals.
- The Santa Clara Senior Center reserves the right to restrict use of equipment.
- Please use a wet wipe to clean each piece of equipment after using it.
- Always use clothing or a towel as a barrier between your skin and shared equipment.
- Wash your hands before and after your workout.
- Food is not permitted in the Fitness Room. Glass containers are not allowed in the Fitness Room.
- Inform Fitness Center volunteers of any concerns with Fitness Center equipment.
- Cell phones may not be used in the Fitness Center. Please leave the Fitness Center for calls during workouts. Use of exercise machines is forfeited when you leave.
- Participants who need to use the restroom while on a cardio machine are to inform the Fitness Center volunteer so that their machine is not given away. Use of exercise machines is forfeited when you leave without notifying a volunteer.

Attire

- Participants must wear appropriate athletic shoes with a closed toe, rubber soles, and a solid back.
- Casual dress shoes and dance shoes are not appropriate. Shoes that do not have the traditional look of an athletic shoe are subject to approval from staff. Any person needing to wear an alternative shoe for medical purposes is to provide written confirmation from a medical authority. Staff may restrict use of equipment.
- Participants must wear appropriate clothing while in the Fitness Center. Shirts, shorts and/or pants are required.
- Staff reserve the right to determine appropriateness of clothing.

Lockers

• Lockers are available for day use only. Bring your own lock. Locks are cut off at the end of each day and items are placed in the Lost & Found. Unclaimed items are donated to a charitable organization.

Natatorium Participation Guidelines

Check In/Out

- Use your Santa Clara Senior Center card to check into and out of the Natatorium through the Fitness Center at each visit. Participants who forget their cards must go to the front desk for a day pass.
- Participants with a history of seizures are asked to wear an ID band obtained from a volunteer.

Hygiene

- Participants must shower with soap before suiting up to enter the pool. Nude showering removes bacteria from the skin and washes away body oils, lotions, hair products, etc. that can quickly use up the disinfectant in a spa.
- Do not swim with skin, ear, genital, or other body infections, open sores, or wounds.
- Do not swim when ill with diarrhea. The microscopic germs that cause diarrhea can be spread when other swimmers swallow contaminated water. Swimmers with diarrhea should not use the pool while they're ill, and for two weeks after symptoms subside.
- Incontinent swimmers must wear waterproof swim pants.

Attire

- Appropriate swim suits are required. Street clothes are not permitted in the pools.
- Aquatic shoes are allowed in the pool as long as they do not leave scuff marks or disintegrate in water. Street shoes are not permitted in the pools.

Using the pools

- Do not tamper with any City of Santa Clara equipment.
- To use the lap pool you must be able to swim.
- Except during designated times, swimmers have priority of use in the lap pool. If a lane is not occupied, exercisers may use it until another person enters the lane to swim laps. At that time, participants will swim laps or exit the pool. During designated times, exercisers and non-swimmers have priority of use as described by signage in the Natatorium.
- Swim with those of similar speed. Circle swim when more than two swimmers are using one lane.
- Only those flotation devices affixed to one's body are permitted in the lap pool; kickboards are the exception.
- Food is not allowed on the pool deck. Glass containers are not allowed on the pool deck.
- Senior Center staff recommend a time limit of 15 minutes in the spa.
- Participants on medication should not use any hot water pool without consulting their physician.
- Do not use the spa while under the influence of alcohol, tranquilizers, or other drugs that raise or lower blood pressure.
- If a participant experiences nausea, dizziness, or feels faint while in the spa, immediately get out of the water. These are signs of hyperthermia (elevated internal body temperature) which can have serious health implications if ignored.
- Enter the spa slowly and cautiously. Be careful of your footing and allow your body to gradually get used to the water temperature. Leave slowly as well, because your leg muscles may be sufficiently relaxed to make you a bit unsteady, and you may become lightheaded.

Adventures to Go

- Offers day and extended trips to residents of Santa Clara and other cities who are at least 50 years of age.
- Provide proof of residency and age.
- Participants complete a Senior Center registration form and liability release prior to participating.
- A photo ID card is not issued.
- There are registration fees for all trips.

Adventures to Go Participation Guidelines:

Registration

- 1. Travelers complete and submit a Santa Clara registration form prior to registering for a trip.
- 2. Santa Clara residents have the opportunity to register for newly advertised trips following *Let's Talk Travel* and may register other Santa Clara seniors who have a current registration form on file.
- 3. Non-residents can register for newly released trips beginning the Monday after *Let's Talk Travel*.
- 4. Individuals requiring personal care attendants are welcome to travel. They are asked to comply with criteria as stated under the Personal Care Attendants section of the Senor Center Guidelines for Use.
- 5. Once a trip fills, a wait list will be created and travelers will be called as spaces become available. Trips not reaching their required minimum enrollment are subject to cancellation.

Payment

- 1. In most instances full payment is required at the time of registration.
- 2. For extended trips, deposit and payment schedules may vary and are set by the agency providing the trip.

Travel Insurance

- 1. The Santa Clara Senior Center recommends you consider travel insurance for all of your trips. Check: www.insuremytrip.com or check with any other insurance provider of your choosing.
- 2. Cancellation insurance for air/sea trips is available through the agency providing the trip for a limited time only.

Refund Policy

- 1. Day/Extended Trips: Please choose wisely; refunds will ONLY be given when a replacement can be found from the Santa Clara Senior Center trip wait list. If a refund is given cancellation fees are not charged.
- 2. Extended Trips through agencies: Tour agencies have different refund policies for each trip. Please refer to the trip flyer for cancellation policy details. If a refund is permitted, you must submit a request to the tour agency by the cancellation date as noted under their "Cancellation Policy."

Trip Information

- 1. Trip itineraries may be modified due to unforeseen circumstances. Every effort will be made to replace the location and/or activity with one that is similar. Refunds are not guaranteed should there be a change in itinerary.
- 2. All trips will leave from and return to the old police station parking lot at the Civic Center, 1541 Civic Center Drive, Santa Clara, CA 95050.
- 3. Please arrive at least 15 minutes before trip departure for check-in; bus will leave promptly at time scheduled.
- 4. Seating on the bus is assigned by staff and determined by the date full payment is made; seats are assigned from front to back.
- 5. Only those officially registered for a trip may attend. Participant substitutions are not allowed at time of check-in on day of trip. All travelers must register in advance at the Santa Clara Senior Center and have a current registration form on file.
- 6. Participation may be revoked if, in the opinion of staff or the escort, a participant's condition could jeopardize the health, safety, or enjoyment of the other travelers.
- 7. Participants follow the Santa Clara Senior Center's Code of Conduct Policy.
- 8. No smoking or drinking of alcoholic beverages is allowed on the bus.
- 9. Travelers are responsible for meeting the group on time at a designated location, as instructed by the tour escort. Travelers who are late are responsible for making arrangements for their return home, at their own expense. Travelers may be responsible for any additional charges incurred by the Santa Clara Senior Center if their actions cause a trip to return late.
- 10. Pack lightly. Travelers must be able to carry their own belongings and luggage throughout the trip. Staff and escorts are not available to carry items for you.
- 11. Tour escorts may show movies, play games, converse, or sing on the bus. Please prepare yourself to hear sounds in a confined space.

Health and Physical Considerations

1. Based on the judgment of staff or escorts, travelers may be required to provide and register their own personal care attendant to accompany them on a trip.

2. Due to the strenuous nature of traveling and touring, please be realistic about your health and physical abilities. Many trips involve walking long distances or over uneven terrain, long periods of standing or sitting, climbing stairs, and getting onto and off of the bus multiple times. Staff and escorts are not available to help with any of these physical activities. You may register a family member, friend, or personal care attendant for a trip to assist you; supervisor approval required.

Lapidary Lab

The Lapidary Lab is available to seniors who have registered and successfully completed an orientation. Check with the front desk or refer to the monthly calendar for operating hours. The Lapidary Lab:

- Is available to residents of Santa Clara and other cities who are 50+.
- Requires proof of age.
- Must have a registration form and liability release completed prior to participating.
- Require an orientation prior to use.
- A photo ID card is not issued.
- There is a participation fee of \$1.00 per day.

Lapidary Lab Participation Guidelines:

- 1. Prior to using any equipment, participants complete and submit a registration form and release of liability to the front desk.
- 2. Prior to using any equipment, participants complete an orientation.
- 3. For your safety, do not wear clothing or items hanging from your neck.
- 4. Participants with a history of seizures are asked to wear an ID band obtained from a volunteer.
- 5. The Santa Clara Senior Center reserves the right to restrict use of equipment as they deem necessary.
- 6. Participants are asked to review the operation manuals and familiarize themselves with proper procedures for using the equipment.
- 7. Participants should ask staff if they have any questions about the intended use of a machine. Injuries may occur if equipment is used improperly.
- 8. Use of the slab saw is by registration on the "Slab Saw Wait List."
- 9. Machines cannot be saved when participants leave the room.
- 10. Participants are responsible to clean up after themselves.
- 11. Personal storage space is not available. Projects are to be taken home daily.

Wood Shop

The Wood Shop is available to seniors who have successfully completed an orientation. Check with the front desk or refer to the monthly calendar for current operating hours. The Woodshop:

- Is available to residents of Santa Clara and other cities who are 50+.
- Requires proof of age.
- Must have a registration form and liability release completed prior to participating. Once an application has been submitted a day pass will be issued by the front desk staff as proof of registration for the Woodshop volunteer.
- Require an orientation prior to use.
- A photo ID card is not issued.
- There is no fee to participate in the Woodshop.

Wood Shop Participation Guidelines:

- 1. Participants are required to complete and submit to the front desk of the Senior Center a registration form and release of liability prior to using any equipment.
- 2. Participants are to complete an orientation prior to using any equipment.
- 3. Participants with a history of seizures are asked to wear an ID band obtained from a volunteer.
- 4. Participants are asked to review the operation manuals and familiarize themselves with proper procedures for using the equipment.
- 5. Participants should ask staff if they have any questions about the intended use. Injuries may occur if equipment is used improperly.
- 6. For your safety, do not wear clothing or items hanging from your neck.
- 7. Participants are responsible to clean up after themselves.
- 8. Machines cannot be saved when participants leave the room.
- 9. Personal storage space is not available. Projects are to be taken home daily.
- 10. The Santa Clara Senior Center reserves the right to restrict use of equipment.

Volunteers

Volunteers are relied upon heavily at the Santa Clara Senior Center. Opportunities to take part are all around the Center. Senior volunteers who live in a city other than Santa Clara and donate at least four hours per week in an approved manner are eligible to use the Fitness Center and Natatorium. Volunteers:

- Are at least 50 years of age.
- Provide proof of age.
- Complete a registration form and liability release prior to participating.
- A photo ID card is issued.
- There is no fee to participate as a Volunteer.
- Supervisor approval is required before a card is issued.



Please print all information clearly.

CITY OF SANTA CLARA PARKS & RECREATION DEPARTMENT



Santa Clara Senior Center Registration Form January through December 2011

Date Received ______ Staff Initials _____

First Name				Last Name			
Address (#, street, unit, city, state, zip	code)						
Email Address (optional) I would like to receive City of Santa	Clara e-ma	il undates u	vith info	rmation about 6	events and proc	grams.	
Home Ph # (xxx-xxx-xxxx)	Cell # (xxx-xxx-xxxx)			Work # (xxx		Date of Birth (xx/xx/xxxx)	
PARTICIPANT INFORMATI	ON – Requ	uired infor	nation	(check all that	t apply).		
Condition	V			Medication	/ Pertinent I	nformation	
1. Allergies (Food and Medication)							
2. Mobility Aids		Cane		Walker	Scoote	er Wheelchair	
3. Angina							
4. Asthma							
5. Cancer							
6. Congestive Heart Failure							
7. Diabetes							
8. Emphysema							
9. Heart Attack		1					
10. High Blood Pressure		1					
11. Seizure		Date of last seizure:					
12. Stroke							
13. Other Special Needs							
14.*Disability/Diagnosis (Check	1 box)						
Developmental Disability Brief Description:		Neurol	ogical/	Cognitive Dis	ability	☐ Physical Disability	
Personal Care Attendant; I am caring for:				My Personal Care Attendant is:			
EMERGENCY CONTACTS -	Please list	two peopl	e that v	ve can contact	in an emerge	encv.	
				Ph# (xxx-xxx-		Cell # (xxx-xxx-xxxx)	
T (diffe			110111	A A A A A A A A A A A A A A A A A A A		COM II (AMA MAMA)	
Name			Home Ph# (xxx-xxx-xxxx)			Cell # (xxx-xxx-xxxx)	
		Office	Ua a O	alu Dalasu			
		Office	ose or	nly Below			
☐ City of Santa Clara	☐ Sa	anta Clara A	nnexed		CUSD boundar	ries Other	
CARD ISSUED: (check all that approximate properties and the superscript properties of the supers	•			CARD ISSUED Lapidary Adventures to O Woodshop Non-Resident/I	Бо	aat apply)	
GUARDCARD: No.				CLASS: Pin Barcode			
Input Verified				Input Verified			

SANTA CLARA SENIOR CENTER GUIDELINES FOR USE					
I have read and agree to comply with the program guidelines for use of the Fitness Room and Natatorium, Lapidary Room, Woodshop, and Adventures to Go. Please initial					
RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT					
I hereby release the City of Santa Clara, California ("City"), its City Council, representatives, employees, volunteers, agents, assigns, the Santa Clara Unified School District, its School Board, officers, agents, and employees from any and all claims, obligations, choices of action, and liability of any kind, arising out of or connected with my participation in classes or activities at the Senior Center and entry to and use of any facilities or equipment at the Senior Center. The consideration for this release is my participation in classes or activities at the Senior Center and entry to and use of any facilities or equipment at the Senior Center. This release is intended as a full and complete release covering any possible claims, injuries or harm, contingent or otherwise, involving personal injury or property damage which may arise in connection with my participation in classes or activities at the Senior Center and entry to and use of any facilities or equipment at the Senior Center.					
I HAVE READ THE GUIDELINES FOR USE OF FITNESS ROOM AND NATATORIUM, THE WOOD SHOP PROGRAM GUIDELINES, THE LAPIDARY SHOP PROGRAM GUIDELINES AND THE ADVENTURES TO GO PROGRAM GUIDELINES, AND ANY OTHER GUIDELINES FOR USE OR PROGRAM GUIDELINES PERTAINING TO THE SENIOR CENTER, AND I AM AWARE THAT THESE ACTIVITIES MAY SUBJECT ME TO PHYSICAL RISKS AND DANGERS. I VOLUNTARILY AGREE TO ASSUME ANY AND ALL RISKS OF INJURY OR DEATH ARISING OUT OF OR CONNECTED WITH MY PARTICIPATION IN CLASSES OR ACTIVITIES AT THE SENIOR CENTER AND ENTRY TO AND USE OF ANY FACILITIES OR EQUIPMENT AT THE SENIOR CENTER. I HEREBY RELEASE, DISCHARGE, AND HOLD HARMLESS ALL OF THE ENTITIES OR PERSONS MENTIONED ABOVE WHO MIGHT OTHERWISE BE LIABLE TO ME, OR MY HEIRS, PERSONAL REPRESENTATIVES, RELATIVES, SPOUSE, AND/OR ASSIGNS.					
I have carefully read this Agreement and fully understand its content. All participants must sign this Agreement.					
Date					
Signature: Print Name:					
The City will maintain your medical history and information in conformance with all applicable laws to ensure its confidentiality.					
For more information, contact the Santa Clara Senior Center: 1303 Fremont Street, Santa Clara, CA 95050 Phone: (408) 615-3170 Fax: (408) 246-0176 www.santaclaraca.gov					
Supervisor's Comments:					
					
Supervisor's Signature: Date:					